

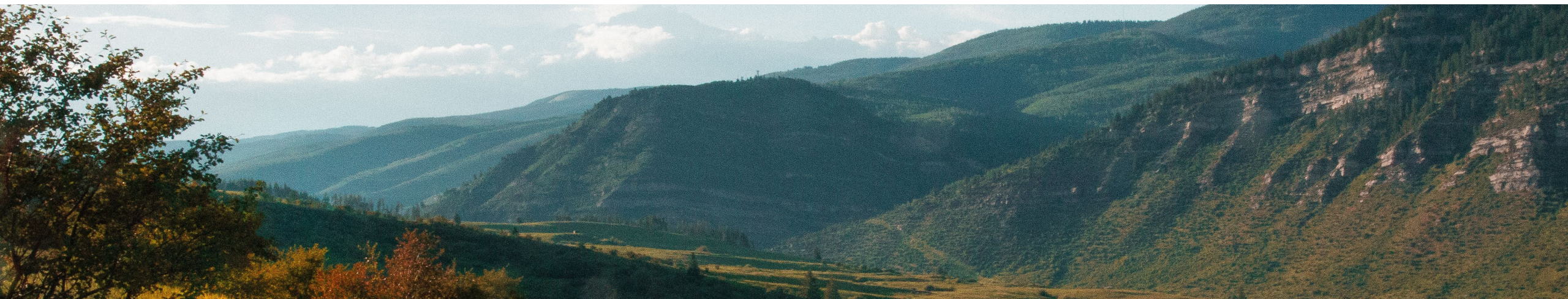


Opioid and Substance Use Assessment for Northeast Colorado Health Department

Assessment Overview

This report includes health indicators from publicly available data descriptors as well as data on indicators collected from regional partners including hospitals, coroner offices, and sheriff offices. The goal of this report is to provide a **high-level assessment of opioid and other substance use, and relevant health indicators for the six counties served by Northeast Colorado Health Department (NCHD): Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma.**

*Note: Health indicator data for Colorado and Health Statistical Region 1 are reported where available as context for the individual county data. Comparisons are made as **general observations only and statistically significant changes should not be inferred, unless otherwise stated.** The most recent year of available data is included unless otherwise noted. For more details, please see the Methods section in the appendix.*



Contents



Background

- Demographics of Northeast Colorado Health Department (NCHD) Counties



Opioid and Prescription Drug Misuse

- Misuse among Adults and Youth
- Opioid Prescriptions and Prevalence of Opioid Use Disorders
- Emergency Department Visits and Overdoses
- Access to Opioid Addiction Treatment



Alcohol Use and Misuse

- Underage Use
- Heavy Use Among Adults
- Alcohol-Related Arrests and Deaths



Mental Health

- Mental Health among Youth and Adults
- Availability and Usage of Mental Health Treatment Services

Key Takeaways



Opioid and Prescription Drug Misuse

- **Opioid pain reliver prescriptions** are declining in Health Statistic Region 1 (HSR1).
- Rates of **prescription drug misuse** have increased but remain relatively low among youth and adults compared to alcohol.
- **Drug overdoses** - both fatal and non-fatal - place a burden on healthcare and community services.
- **Availability of treatment** for opioid addiction is limited in NCHD counties.



Alcohol Use and Misuse

- **Alcohol use and binge drinking among high schoolers** is increasing, with the majority of high schoolers believing alcohol can be easily accessed by underage individuals.
- **Binge drinking** among adults in HSR1 is higher than heavy alcohol use.
- **DUI and alcohol-related arrests** have increased in some counties and decreased in others. Logan and Morgan counties have the highest number of **alcohol-related deaths**.

Key Takeaways (continued)



Mental Health

- Mental health indicators among **HSR1 high schoolers have shown declines in mental health status** since 2013.
- Nearly 1 in 10 HSR1 **adults report poor mental health** in the past 30 days and 16% have received a diagnosis for a depressive disorder in their lifetime.
- **Youth mental health concerns**, including feelings of sadness and consideration of suicide, are increasing.
- **Rates of hospitalization for mental health and suicide** are generally lower in HSR1 than the state.
- The **proportion of mental health providers to population size** is generally low, with Morgan and Logan Counties having the lowest proportions.
- **Rates of mental health treatment** from a health professional for any type of mental health condition or emotional problem is highest among Logan County adults.



Background

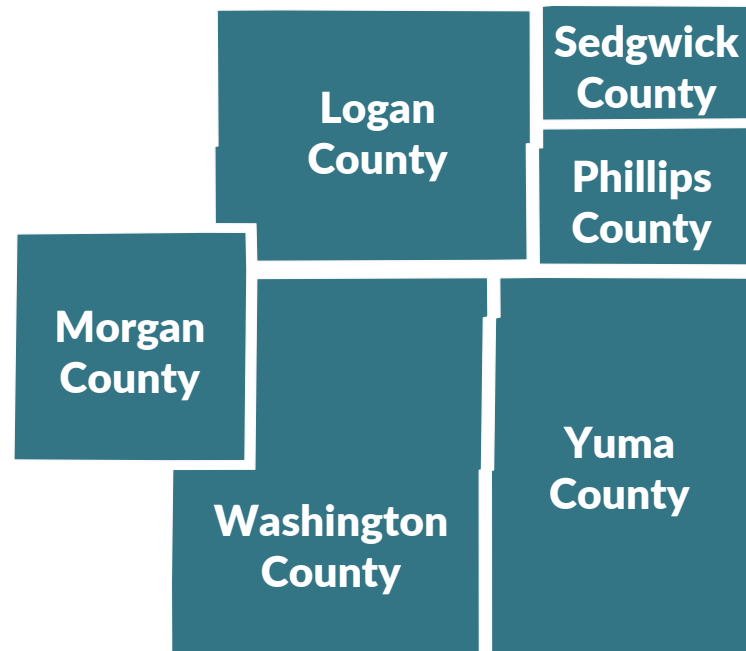


Health Statistics Region 1



Colorado has 21 health statistics regions used to track health and demographic data. This report and Northeast Colorado Health Department cover all counties in **Health Statistics Region 1**.

Health Statistics Region 1 (HSR1) consists of **6 counties**.



Compared to **Colorado**, every county in **Health Statistics Region 1** has a:



Higher percentage of population which is uninsured



Higher percentage of population in poverty



Lower median household income

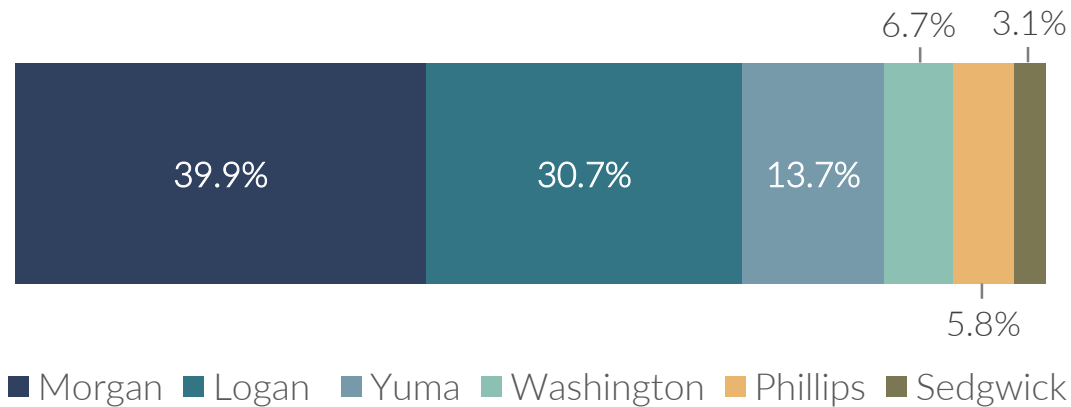


Lower percentage of population with a Bachelor's degree

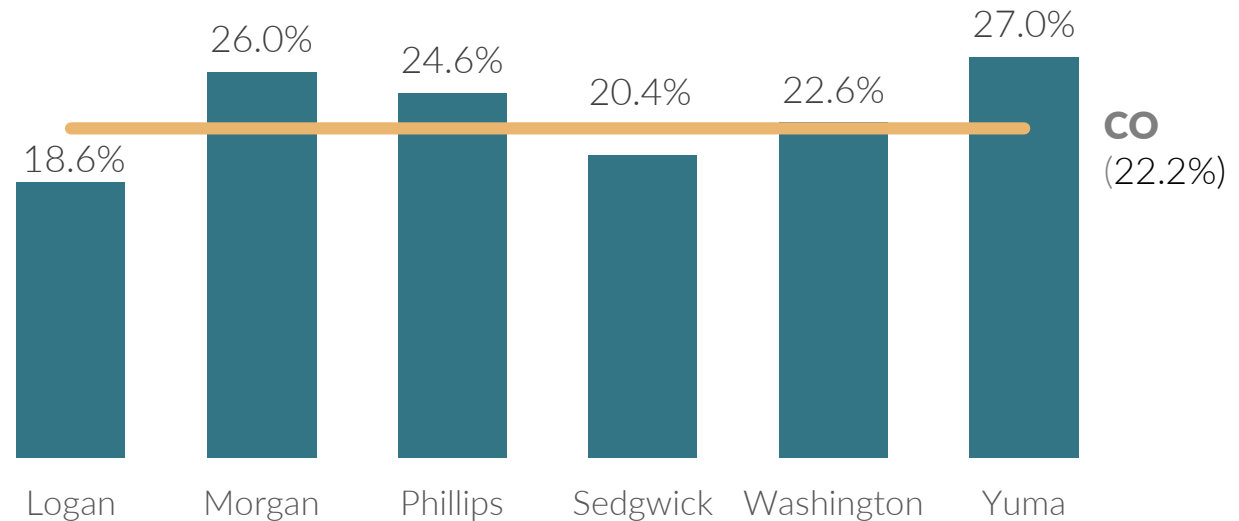


Demographics

70% of the population of HSR1 resides in **Morgan** or **Logan** counties.



The proportion of each county's population **under 18 years** ranges from **18-27%**.





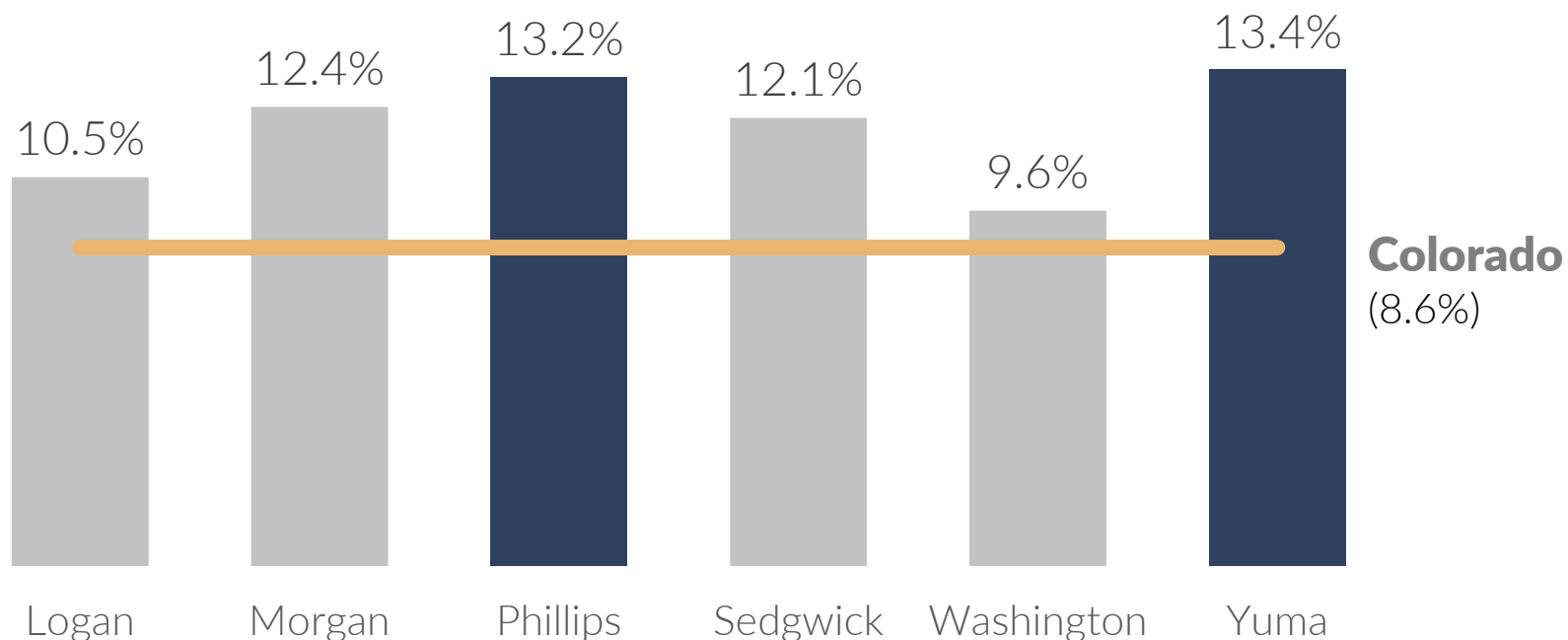
Demographics



94%

of HSR1 residents **have health insurance coverage.**

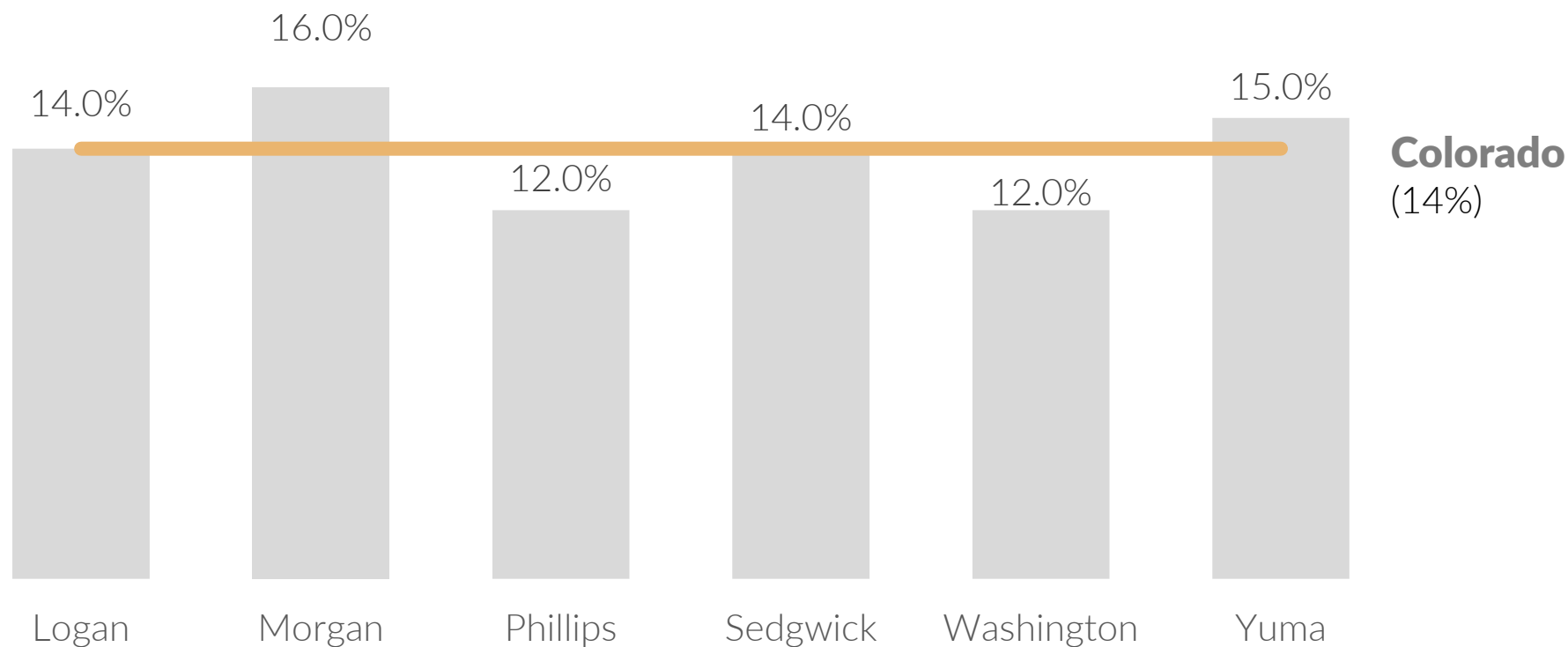
Among those younger than 65 years, the percentage of the population that is **uninsured is highest in Phillips and Yuma** counties.





Health Status

1 in 6 Colorado adults report their health status* as 'fair' or 'poor.' Rates across the six HSR1 counties are similar to the statewide rate.



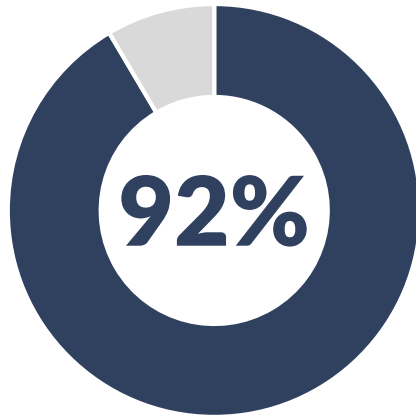
*The health status of a population is informed by a number of factors, including people's self-report of health, health behaviors, and monitoring of key health outcomes such as access to healthcare, mental health, among others; *Source: County Health Rankings*



Opioid and Prescription Drug Misuse



Prescription Drug Misuse among Youth in Grades 9-12



(2017)

of HSR1 high schoolers **think it is wrong*** to use prescription drugs without a prescription.

This is a significant increase from 2015, when 83% felt it was wrong.

*Students who chose “wrong” or “very wrong”; Source: Healthy Kids Colorado Survey (HKCS)

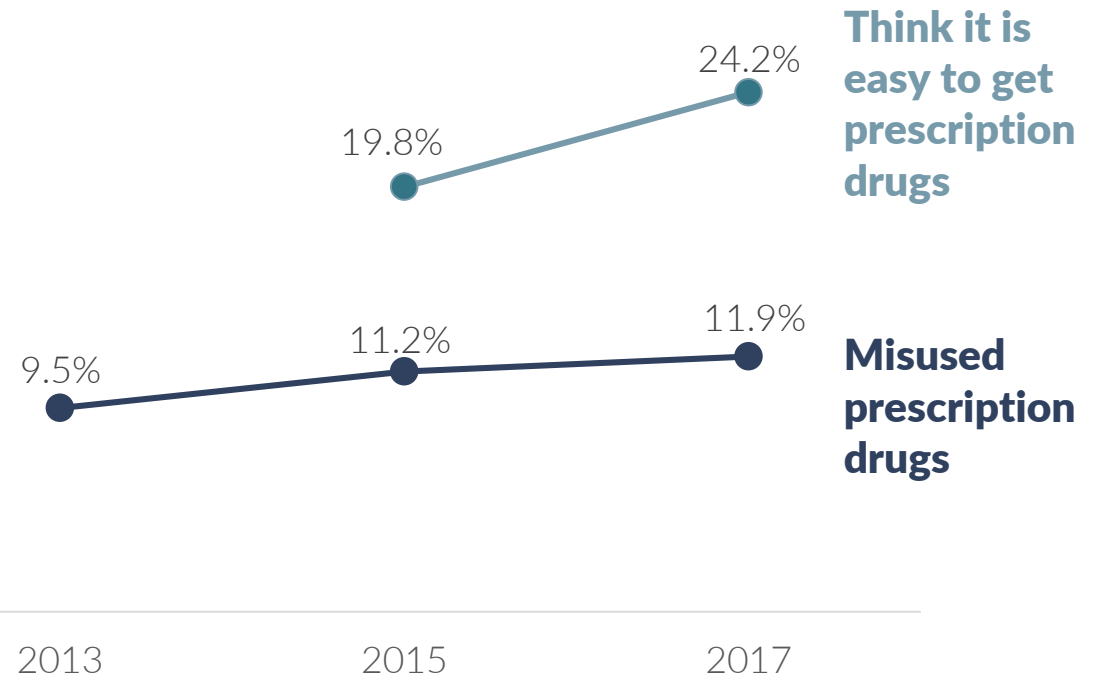


Prescription Drug Misuse among Youth in Grades 9-12 (continued)

Among high schoolers in HSR1, prescription drug misuse and perceived ease of accessing prescription drugs to misuse are both increasing.

1 in 4 high school students think it is easy to get prescription drugs without a prescription, an increase from 19.8% in 2015.*

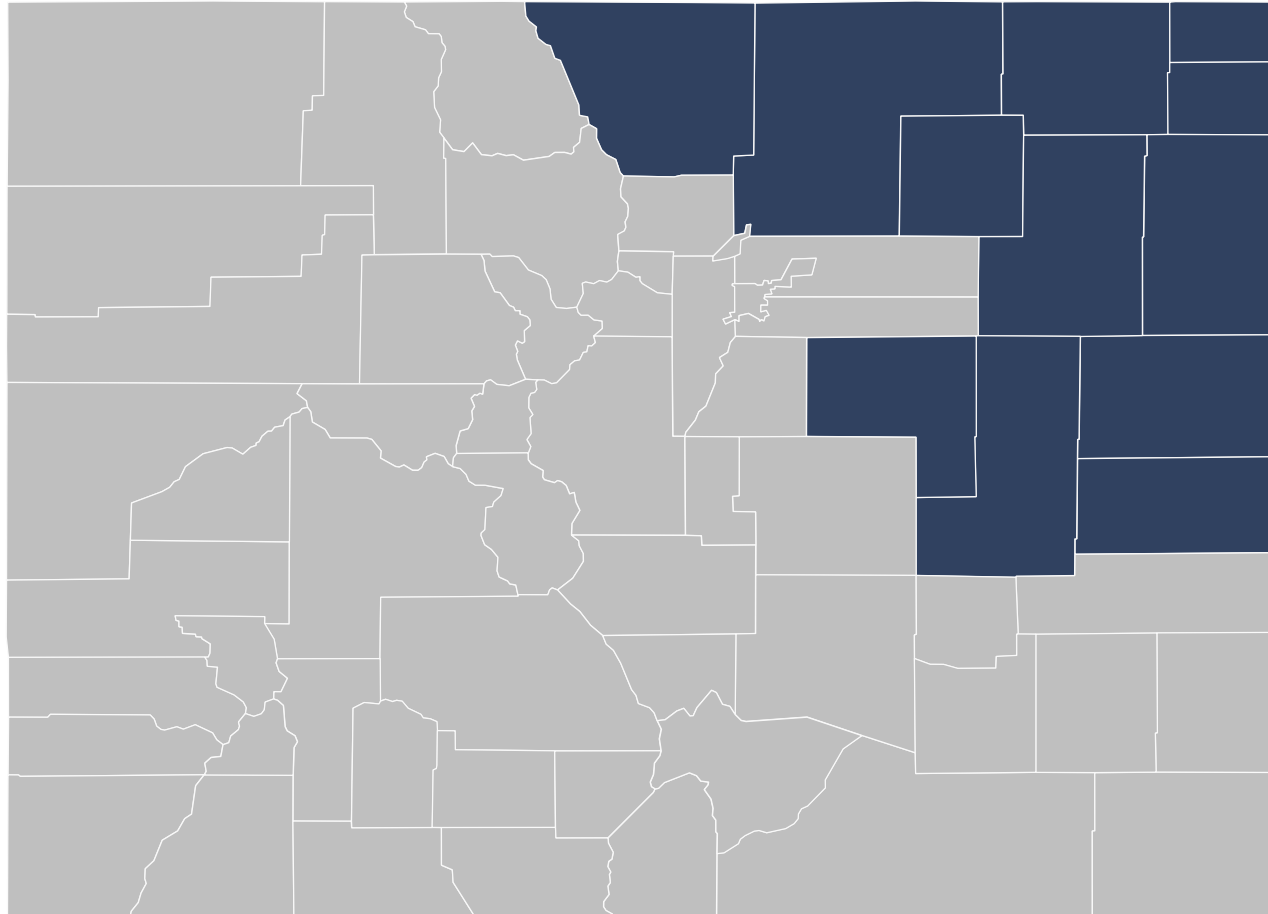
Almost 12% of high schoolers have misused prescription drugs, an increase from 9.5% in 2013.**



*Students who chose “sort of easy” or “very easy”; **Prescription drugs (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life; Source: Healthy Kids Colorado Survey (HKCS)



Prescription Drug Misuse among Adults



6% of adults in the **Northeastern Colorado Region*** reported **nonmedical use of pain relievers** in the past year.

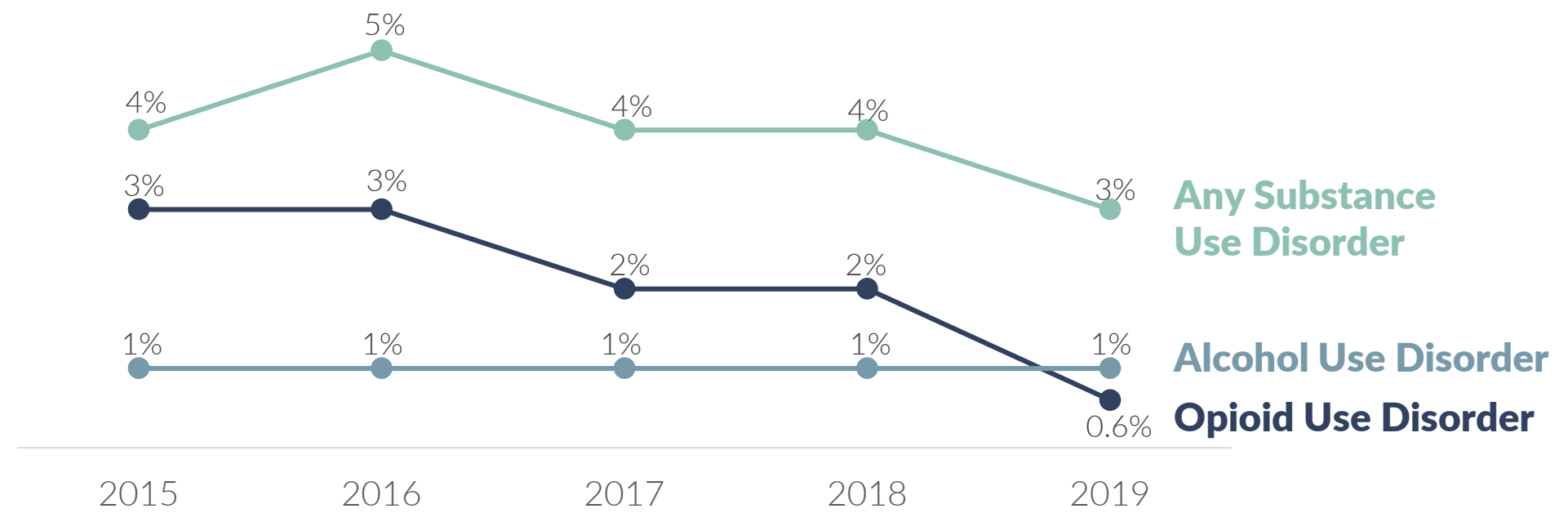
This was the highest rate of use across all Colorado regions.



Substance Use Disorders among Adults

The percentage of **patients at Sedgwick County Memorial Hospital** who have **any substance use disorder** diagnosis decreased slightly from 2015 to 2019.

The percentage of patients with an **opioid use disorder** diagnosis decreased from 2015 to 2019, while **alcohol use disorder** diagnosis remained the same.

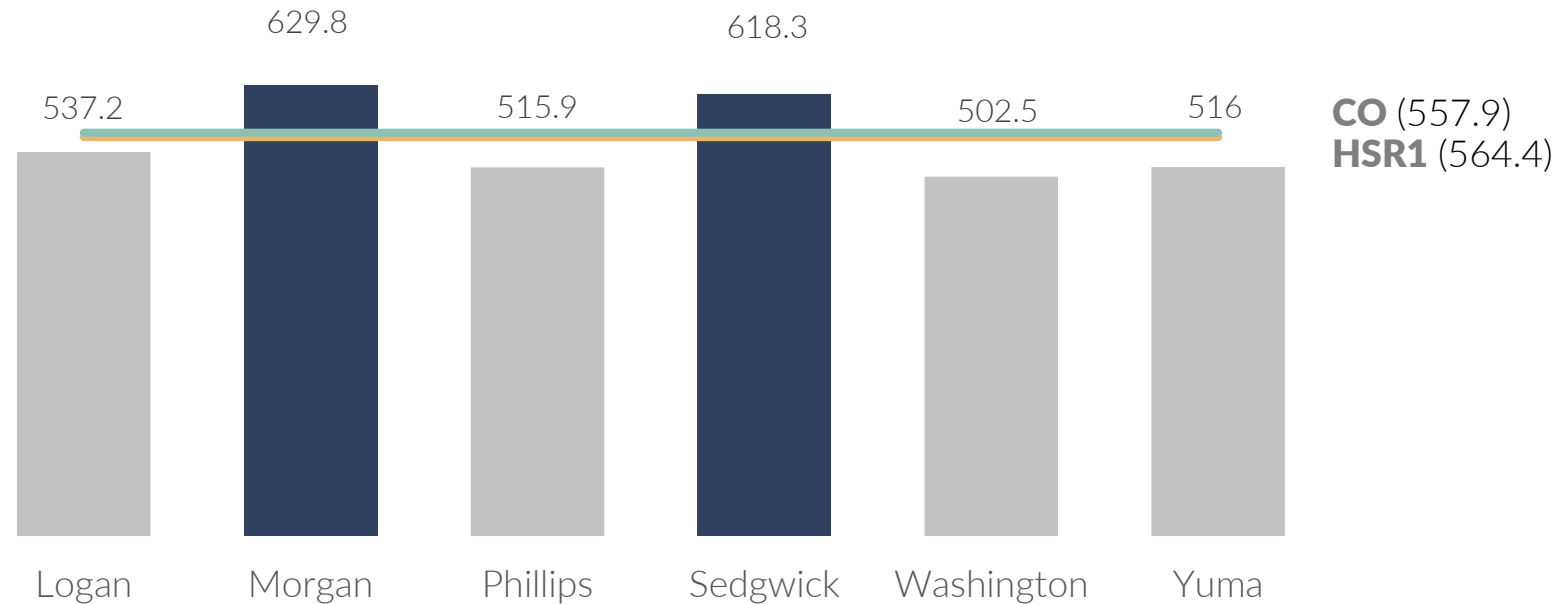




Opioid Prescriptions

The rate of opioid pain reliever prescriptions is highest in **Morgan** and **Sedgwick** counties.*

Age-adjusted opioid pain reliever prescription rate per 1,000



*Data from 2017-2019; Source: CDPHE Colorado Drug Overdose Dashboard

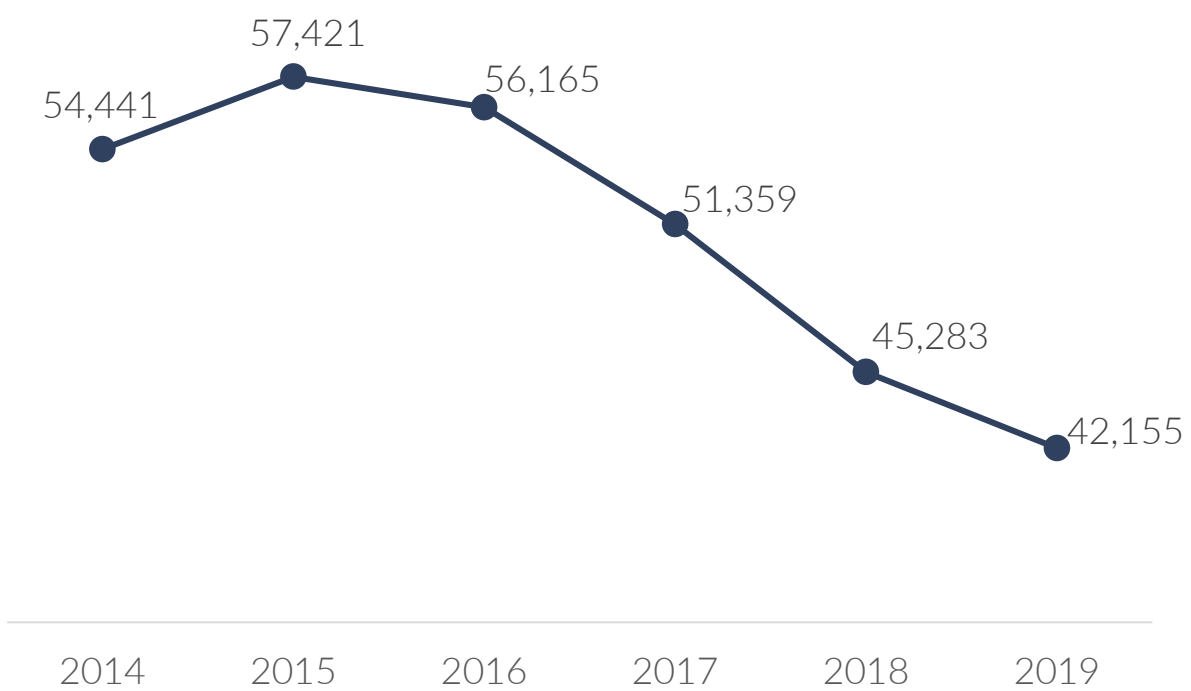


Opioid Prescriptions (continued)



In 2018-2019, there were enough opioid pain reliever prescriptions in HSR1 for **1.2 prescriptions per resident.**

The number of opioid pain reliever prescriptions dispensed each year in **HSR1 has decreased 27%** from its peak in 2015.



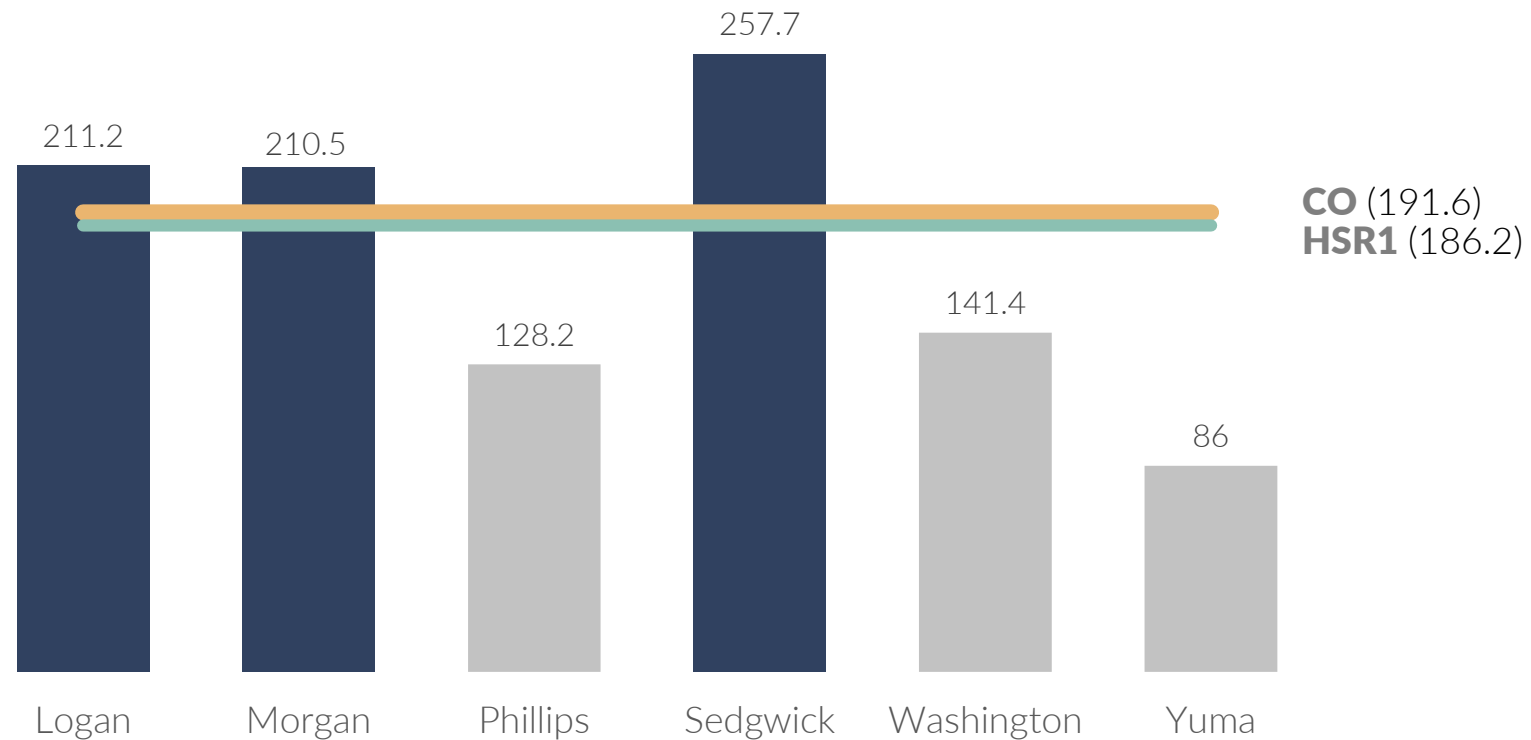
*Data from 2017-2019; Source: CDPHE Colorado Drug Overdose Dashboard



Emergency Department Visits

Rates of emergency department visits for any type of drug overdose are higher in **Logan, Morgan, and Sedgwick** counties than the **Colorado rate**.

*Age-adjusted ED visit rate per 100,000 for any type of drug overdose.**

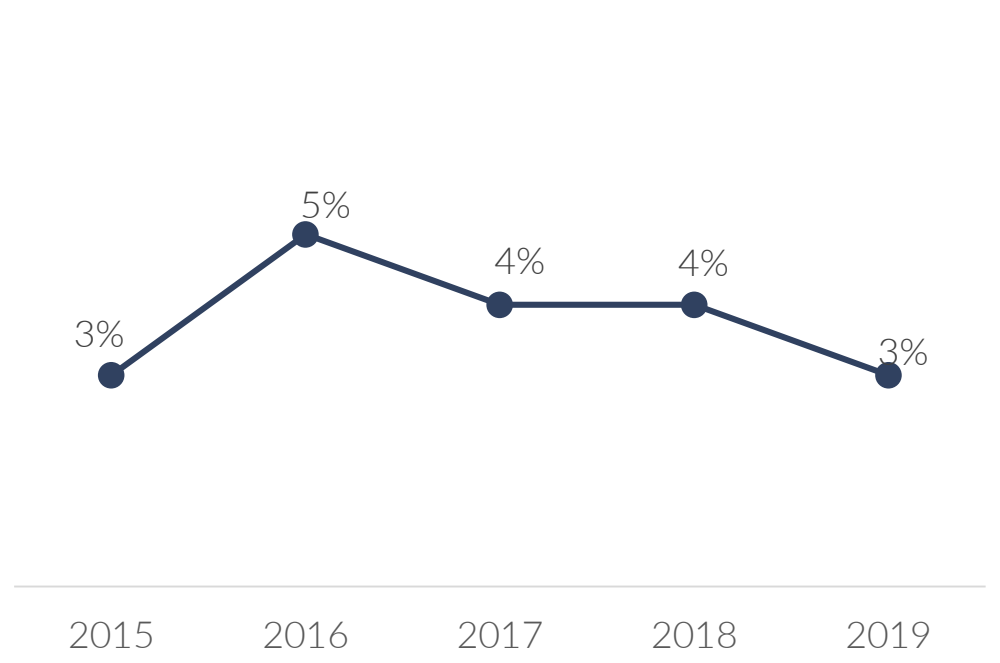


*Data from 2017-2019; Source: CDPHE Colorado Drug Overdose Dashboard



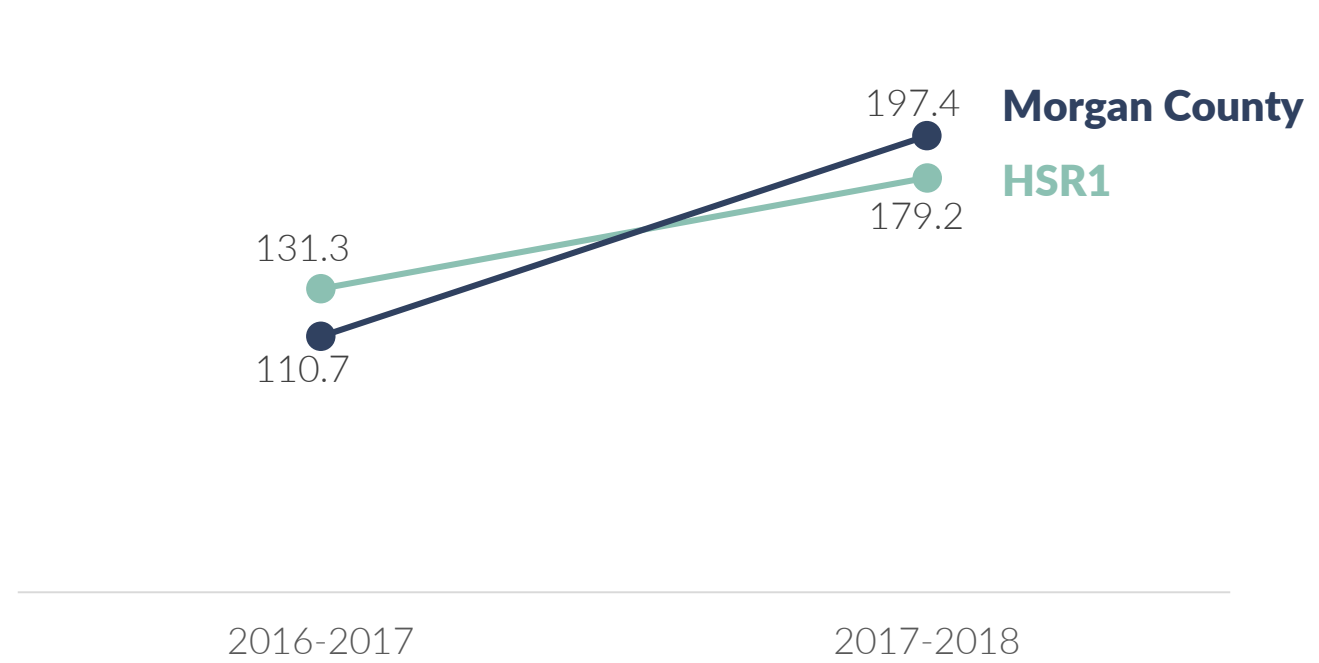
Emergency Department Visits (continued)

At **Sedgwick County Memorial** Hospital, the **percentage of ED visits related to substance use has** ranged from 3% to 5% since 2015.



HSR1 and **Morgan County** had *significant* increases in ED visits for any drug overdose from 2016-2018

Age-adjusted ED visit rate per 100,000

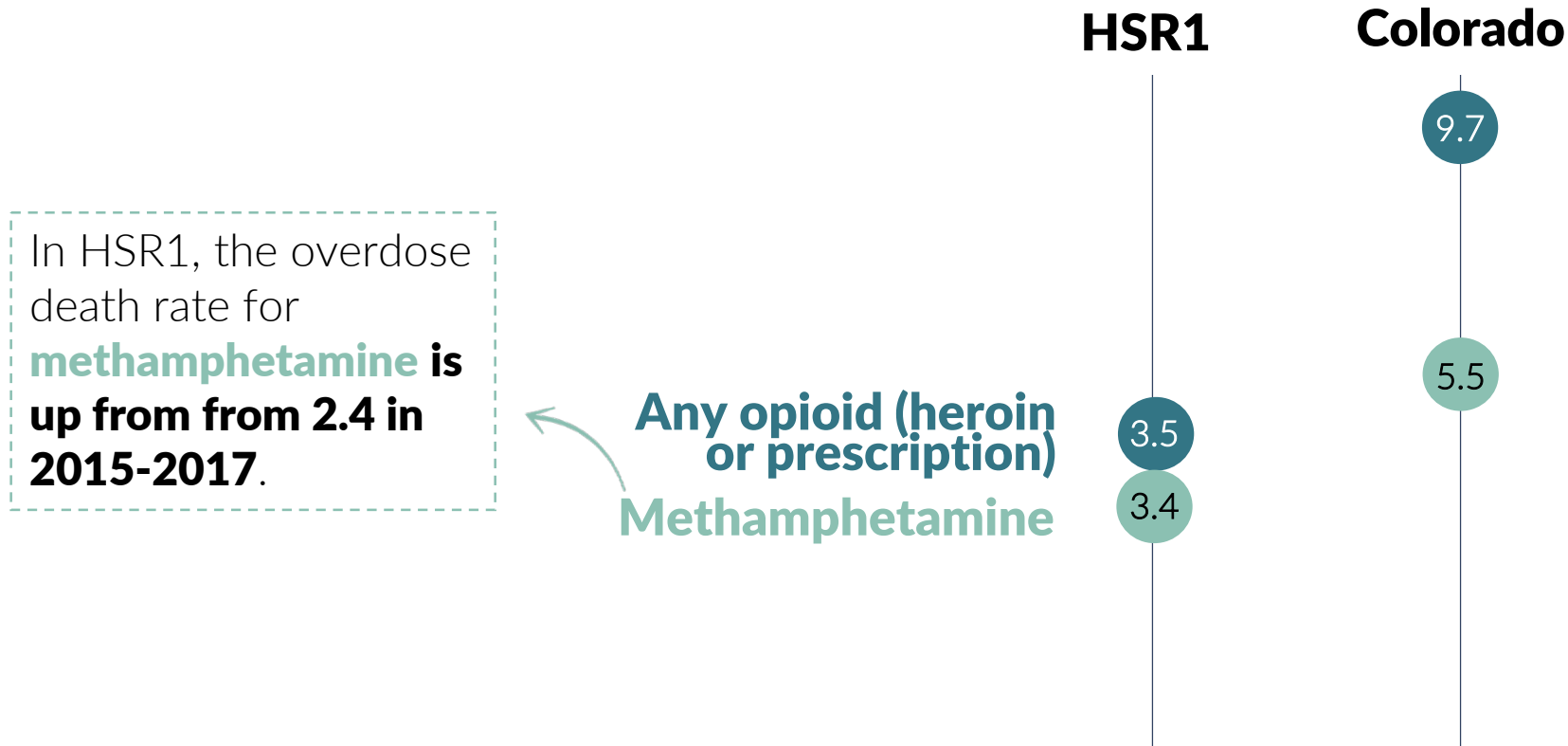




Overdose Deaths: HSR1

Overdose death rates from opioids and methamphetamines are lower in **Health Statistics Region 1** than **Colorado**.

*Age-adjusted overdose death rate per 100,000**



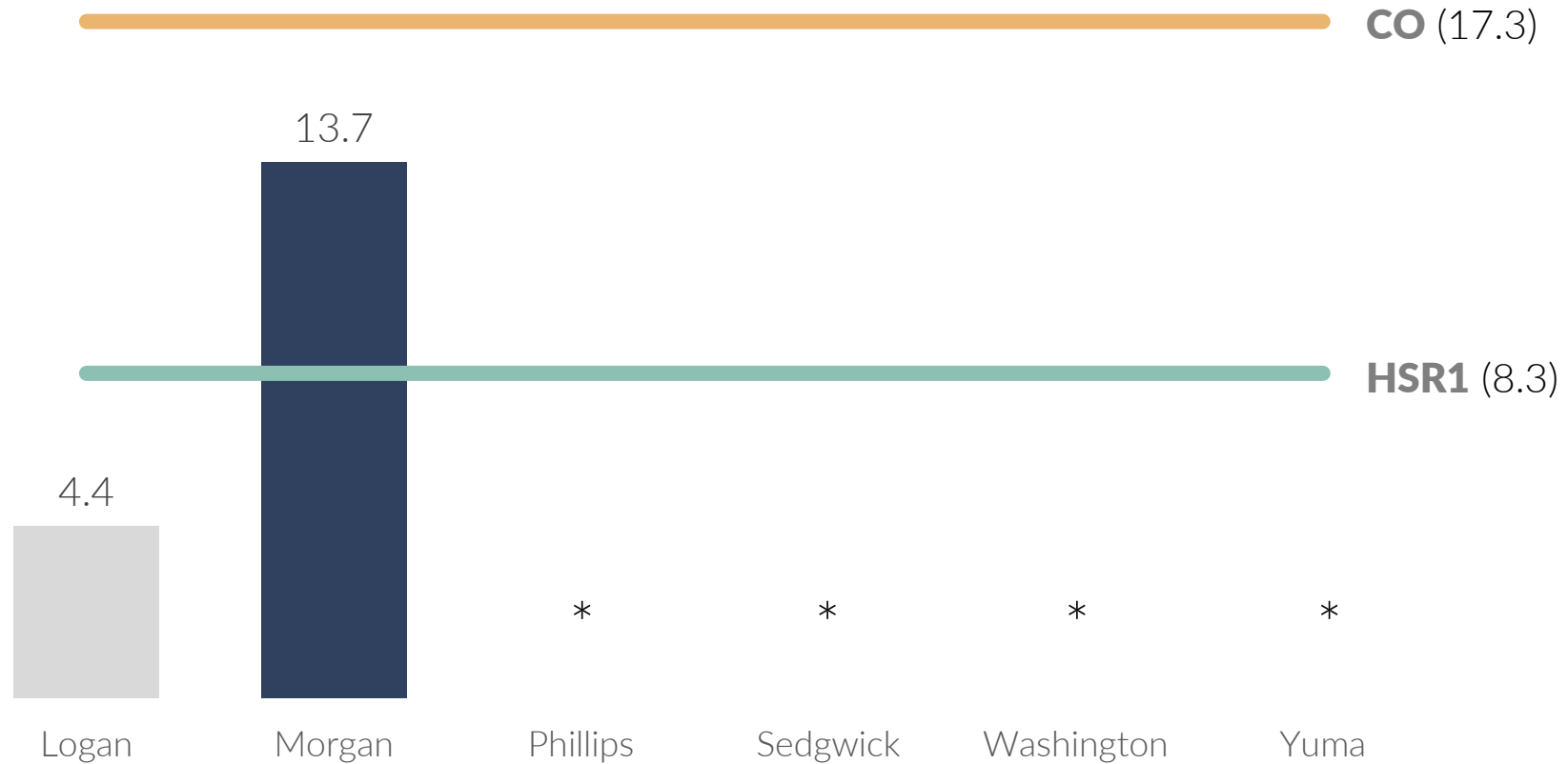
*Data from 2017-2019; Source: CDPHE Colorado Drug Overdose Dashboard



Overdose Deaths: Counties

The overdose death rate due to **any drug** is highest in **Morgan County**.^{**}

Age-adjusted death rate per 100,000

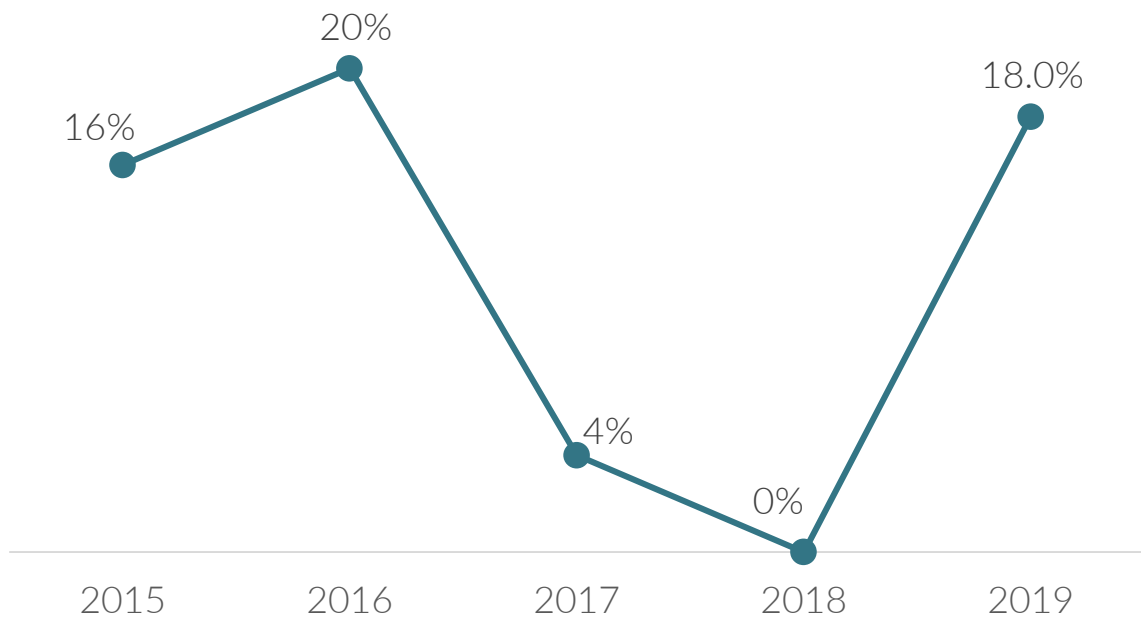


*Data are unreported; **Data from 2017-2019; Source: CDPHE Colorado Drug Overdose Dashboard



Overdose Deaths: Counties (continued)

The Logan County Coroner reports the percentage of deaths attributable to opioid overdose has **remained generally constant since 2015, with a decrease between 2016-2018.**



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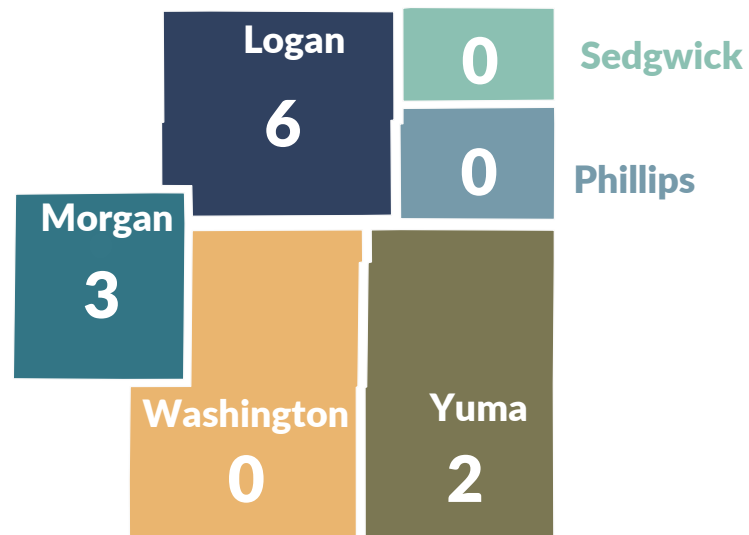
The number of opioid-related deaths between 2015 and 2019 reported by the **Morgan County Coroner.**



Opioid Treatment Access

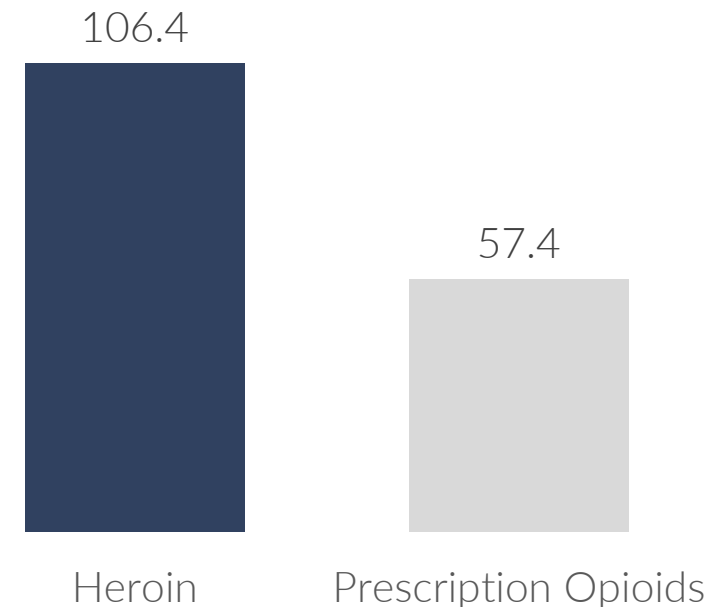
Availability of treatment for opioid addiction is limited in NCHD counties. When individuals do seek treatment, they more frequently seek treatment for heroin than prescription opioids.

The number of publicly listed **buprenorphine prescribers** is highest in **Logan County**.*



There are **0** certified opioid treatment programs in Health Statistics Region 1

HSR1's annual treatment admission rate per 100,000 is higher for **heroin** than **prescription opioids**.



*As of 7/7/2020; Sources: SAMHSA Buprenorphine Practitioner Locator; CDPHE Colorado Drug Overdose Dashboard



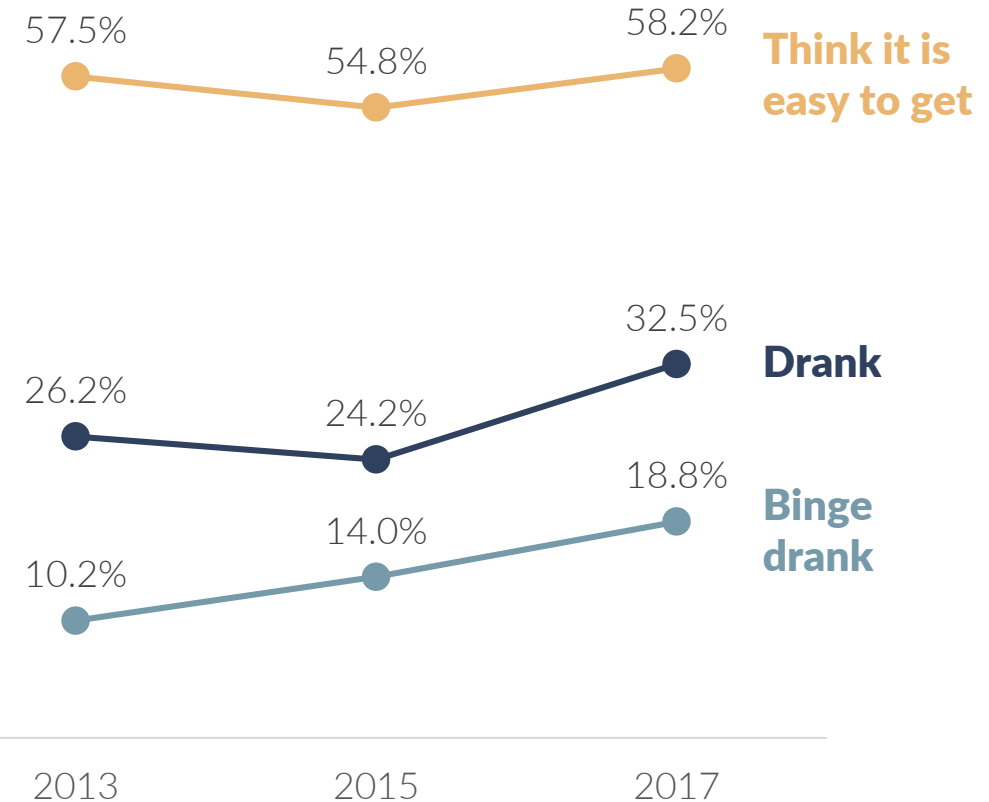
Alcohol Use and Misuse



Alcohol Use among Youth in Grades 9-12

Alcohol use and binge drinking among high schoolers is increasing and the majority of high schoolers believe alcohol is easy to access to underage.

Nearly 60% feel it would be easy* to get alcohol if they wanted in 2017.



1 in 3 drank alcohol in the past 30 days in 2017, up from about 1 in 4 in 2015.

Rates of binge drinking in the past 30 days have nearly doubled** from 10% in 2013 to 19% in 2017.

*Students that selected easy or very easy to get alcohol if they wanted; **4+ drinks for females and 5+ drinks for males within a couple of hours on one or more of the past 30 days; Source: HKCS

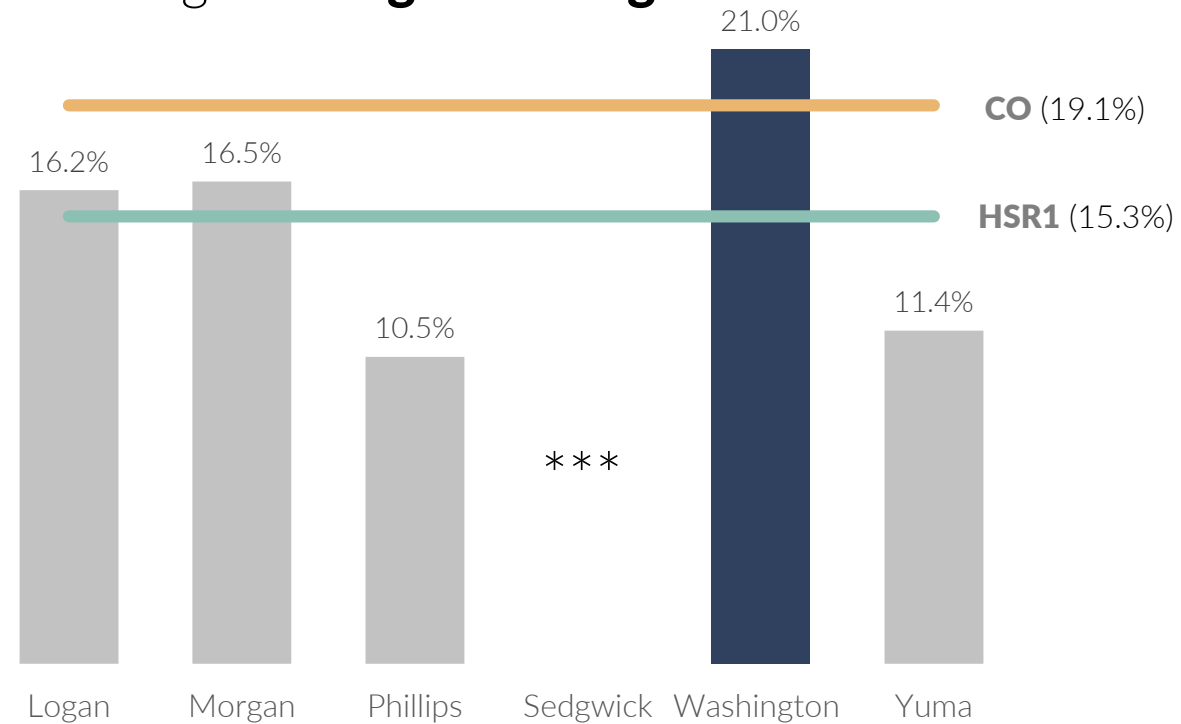
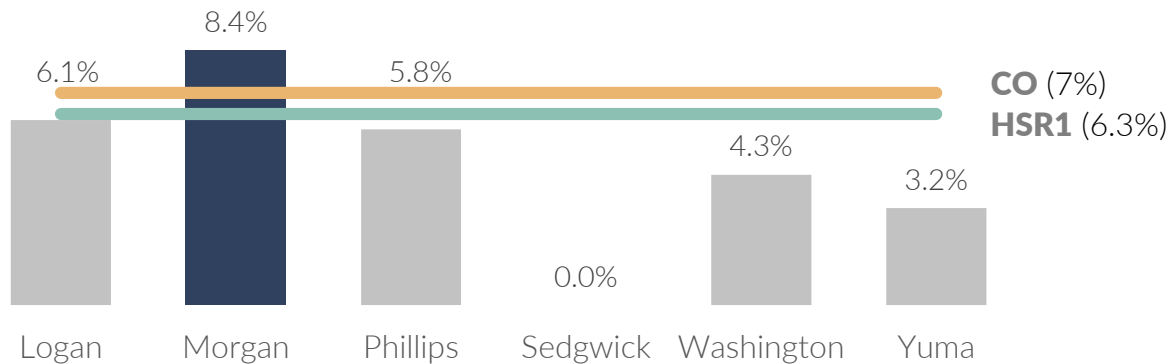


Alcohol Use among Adults

Binge drinking among adults is higher than heavy alcohol use among adults.

Adults in **Morgan County** report the highest percentage of **heavy alcohol use*** at least once in the past 30 days.

Adults in **Washington County** report the highest percentage of **binge drinking****



*Drinking 15 or more drinks per week for men, 8 or more drinks per week for women; calculated from number of days alcohol was consumed in past 30 days; **4+ drinks for females and 5+ drinks for males, within a couple of hours; at least once within past 30 days; ***Data is unreported; Source: County Health Rankings

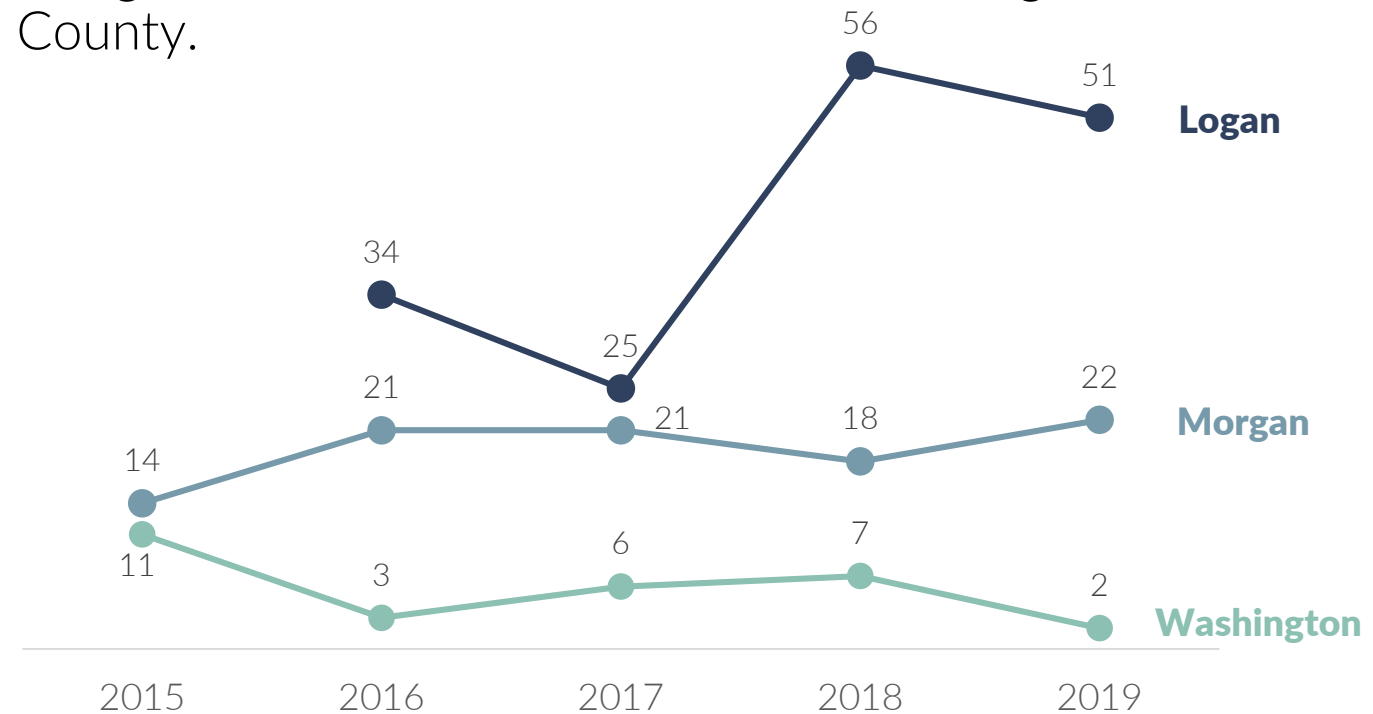
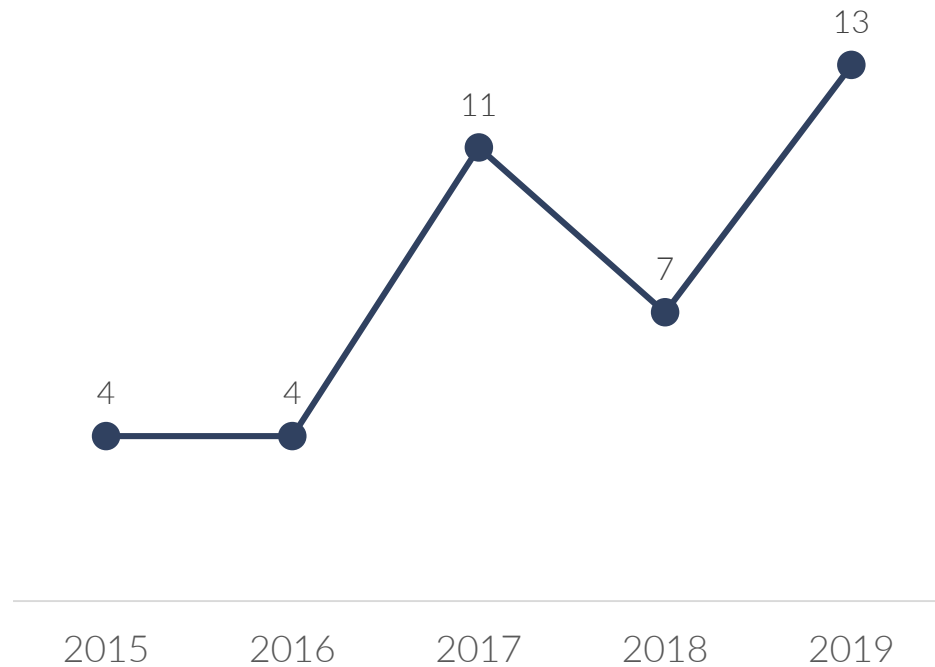


Alcohol-Related Arrests

Data on alcohol-related arrests from **Yuma, Logan, and Morgan County Sherriff Offices** indicate that:

Yuma County's **DUI* arrests** have increased from 2015-2019.

Alcohol-related arrests increased in Logan and Morgan Counties, and decreased in Washington County.

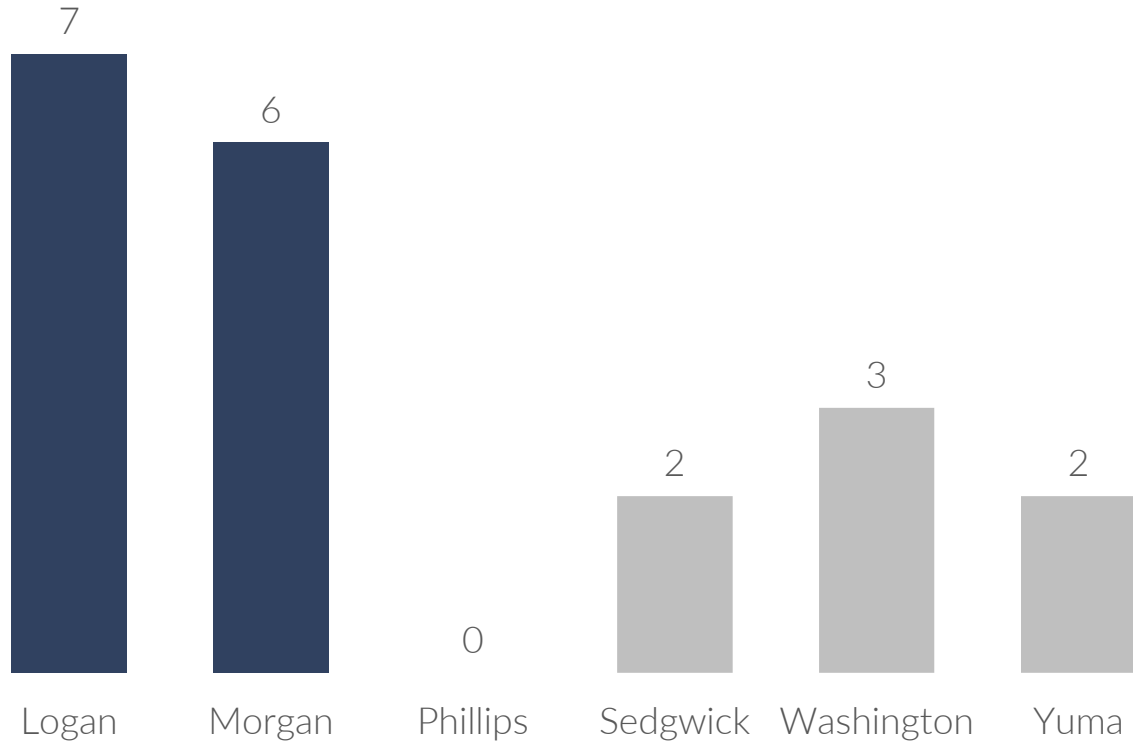


*DUI = Driving under the influence is driving a vehicle while under the influence of alcohol or drugs or while the person's ability to drive is impaired by alcohol or drugs; Sources: CO Office of Legislative Legal Services; Logan, Morgan, Washington, and Yuma County Sherriff Offices

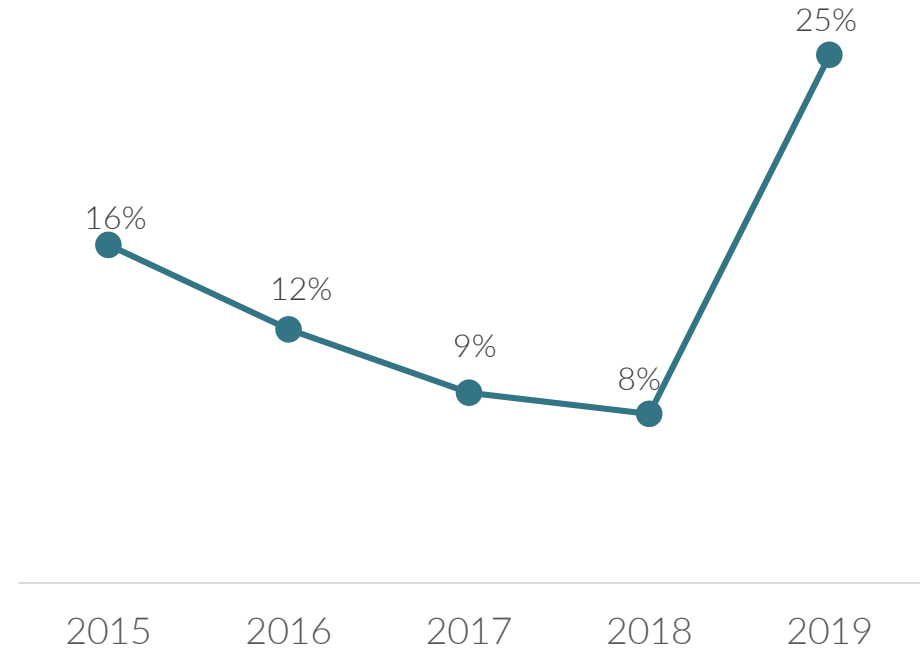


Alcohol-Related Deaths

Logan County has the highest number of **alcohol-impaired driving deaths**,* followed by **Morgan County**.



Logan County Coroner data shows an increase in the percent of investigated deaths that were attributable to alcohol.



*Driving deaths that involve a driver who is impaired by alcohol (with a BAC of at least 0.08 g/dL); Sources: County Health Rankings; Logan County Coroner



Mental Health



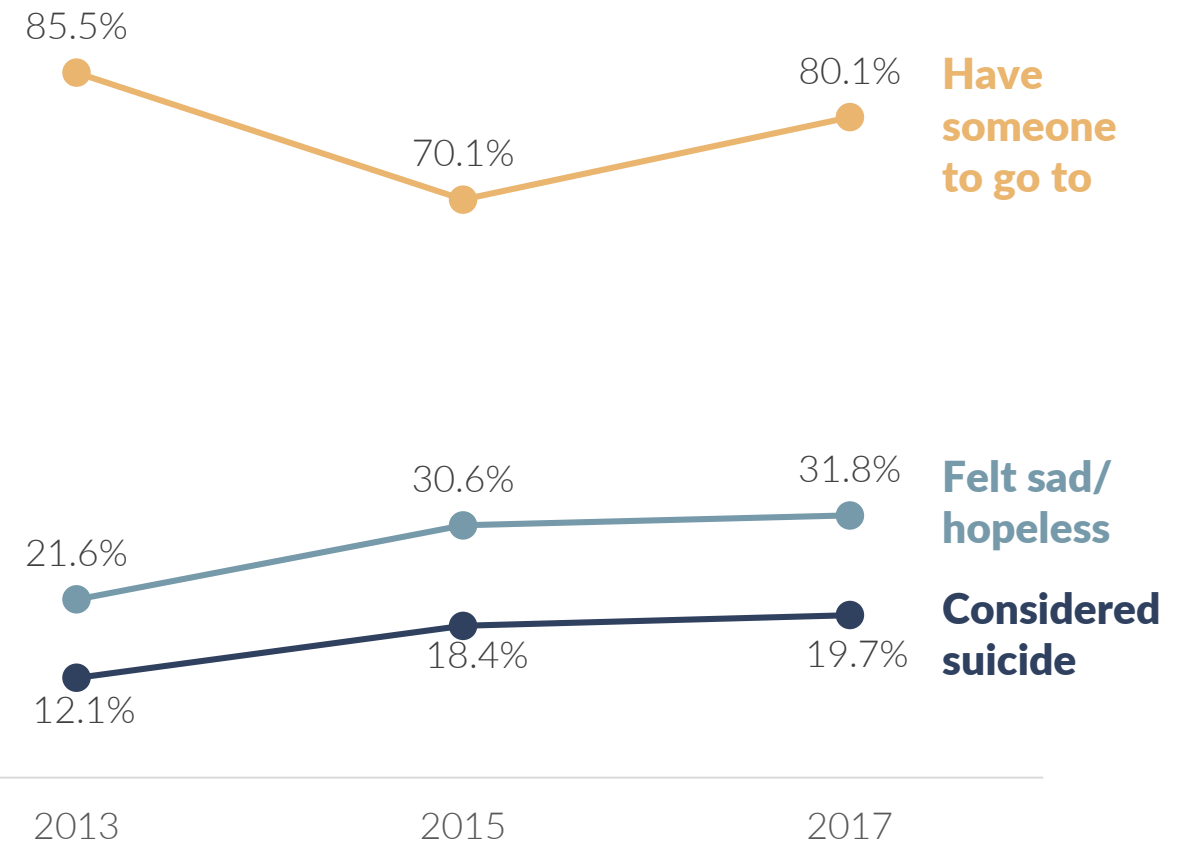
Mental Health among Youth in Grades 9-12

Youth mental health concerns, including feelings of sadness and consideration of suicide are increasing.

The majority of students have someone to go to for help and **increased significantly** from 2015 to 2017.

Almost 1 in 3 students indicated feeling sad/hopeless every day for 2 weeks, a **significant increase** from 21.6% in 2013.

Nearly 20% of students seriously considered suicide, a **significant increase** from 12.1% in 2013.

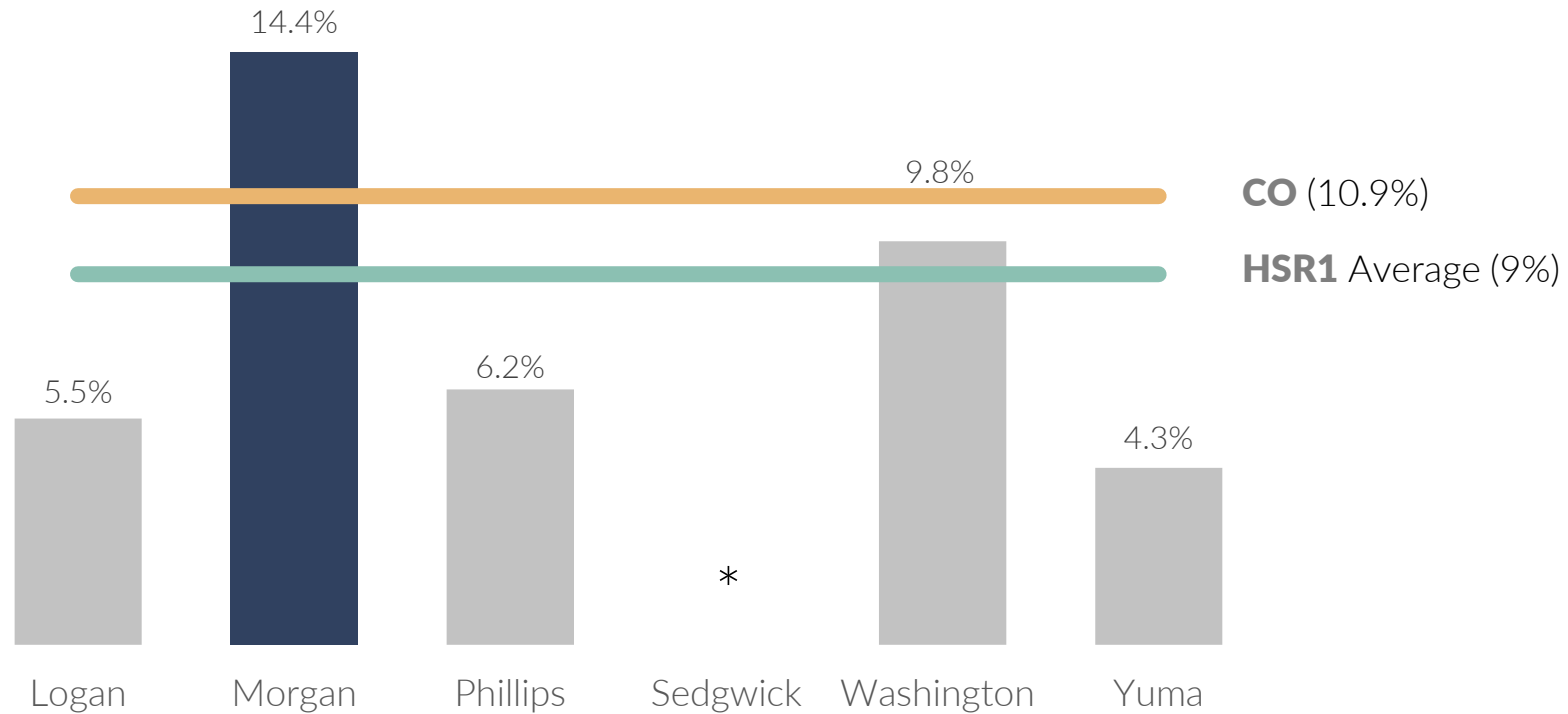




Mental Health among Adults

1 in 7 adults in Morgan County report poor mental health, which is the highest rate of the six NCHD counties.

Percentage of adults reporting 'not good' mental health for 14+ days of the past 30 days.



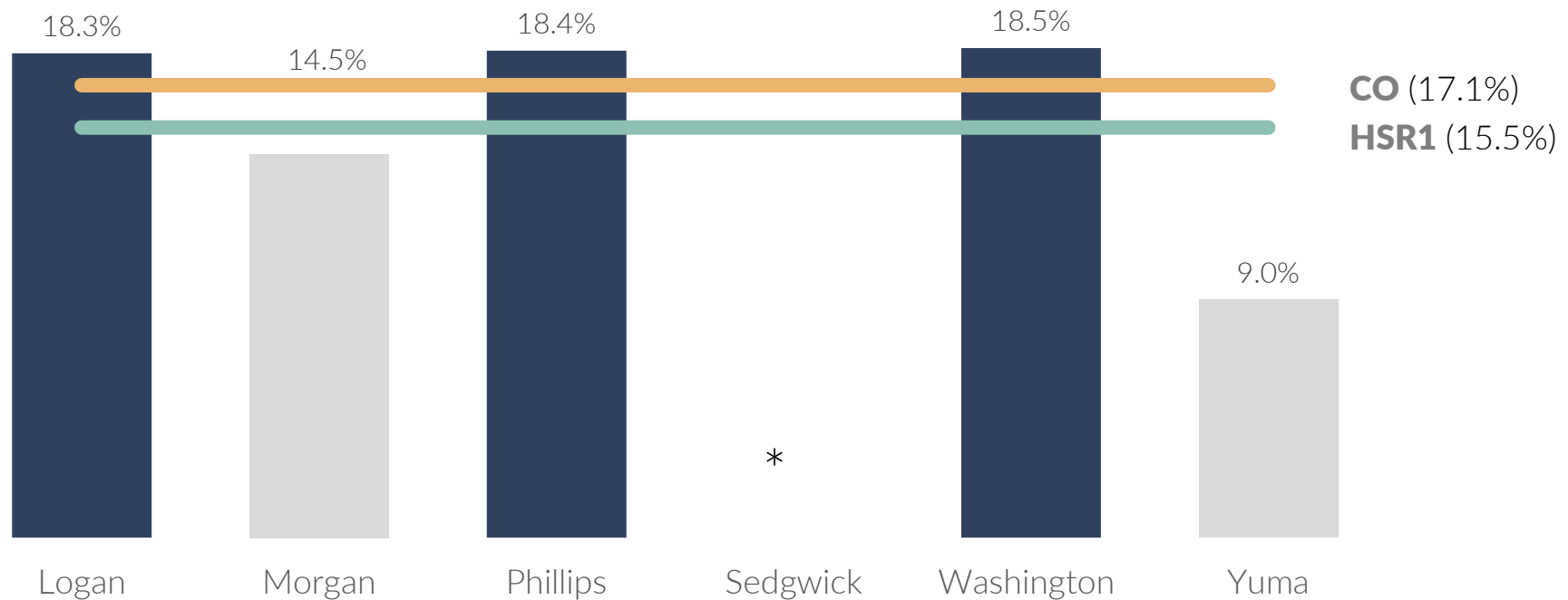
*Data is unreported; Source: CDPHE Visual Information System for Identifying Opportunities and Needs (VISION)



Mental Health among Adults (continued)

In three HSR1 counties, nearly 1 in 5 adults has been diagnosed with a depressive disorder.

Percentage of adults ever diagnosed with a depressive disorder.



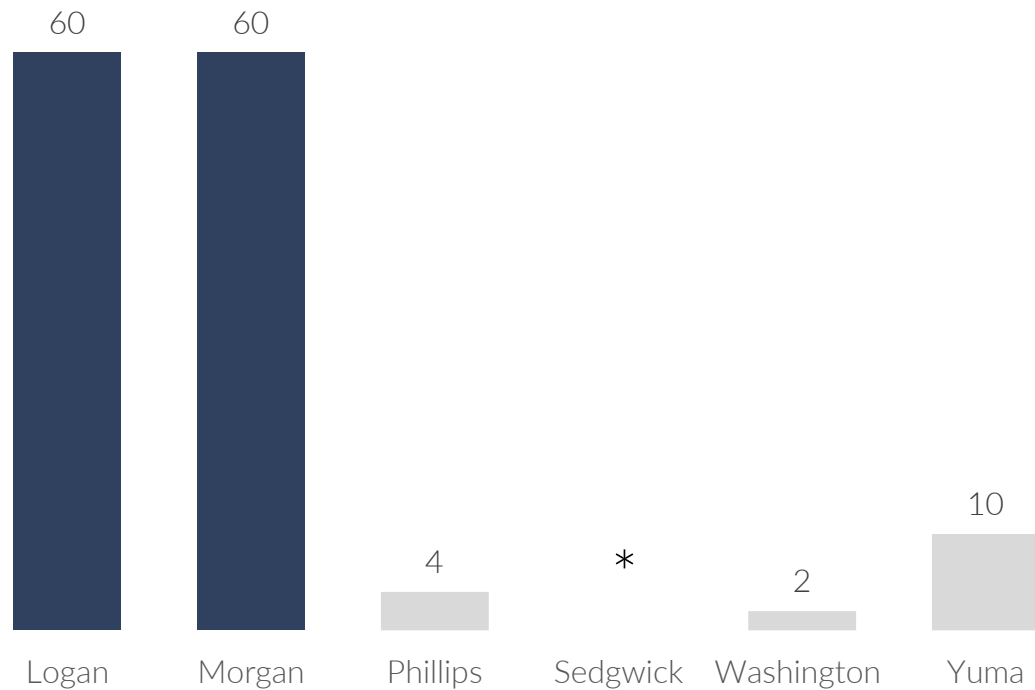
*Data is unreported; Source: CDPHE Visual Information System for Identifying Opportunities and Needs (VISION)



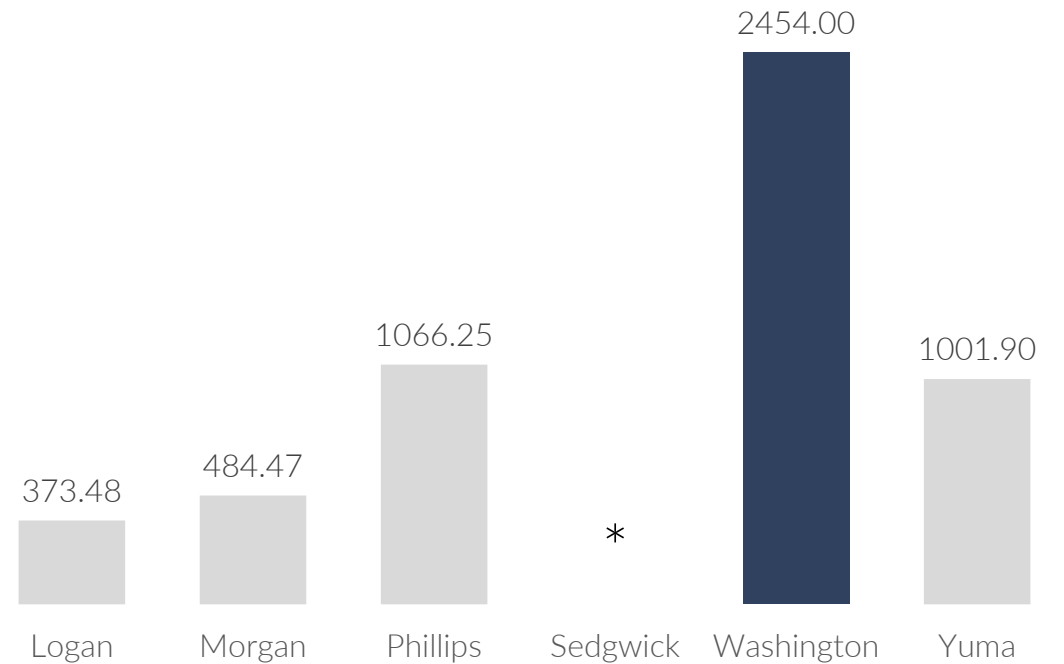
Mental Health Treatment

Logan and Morgan Counties have the highest number of mental health providers, but the lowest proportion of providers to population size.

Logan and Morgan Counties have the highest number of mental health providers.



Washington County has the highest ratio of mental health providers to population size.



*Data is unreported; Source: County Health Rankings

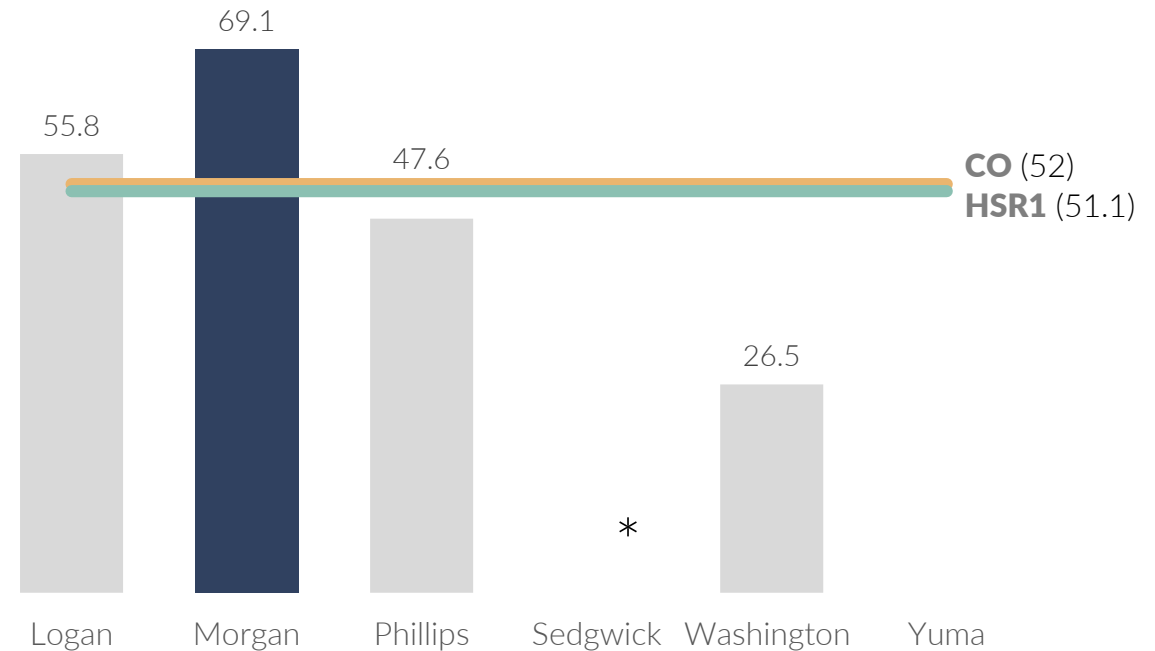
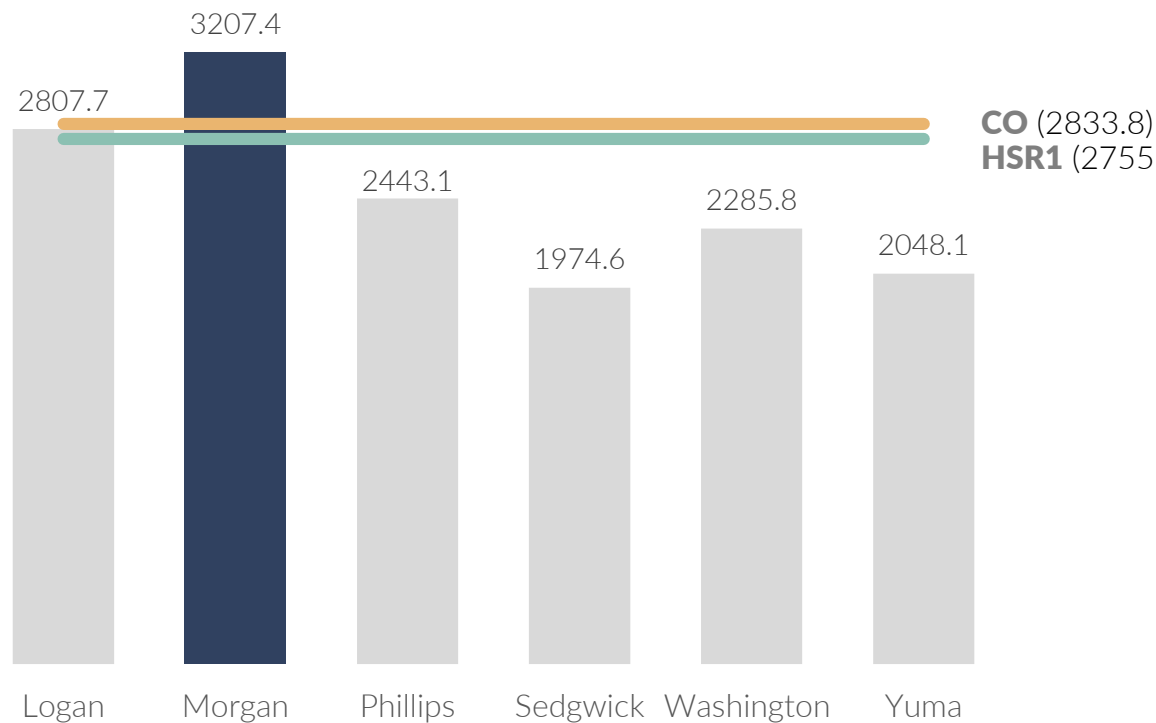


Mental Health Treatment (continued)

Mental health and suicide hospitalization rates are highest in Morgan County.

Age-adjusted mental health hospitalization rate per 100,000

Age-adjusted suicide hospitalization rate per 100,000



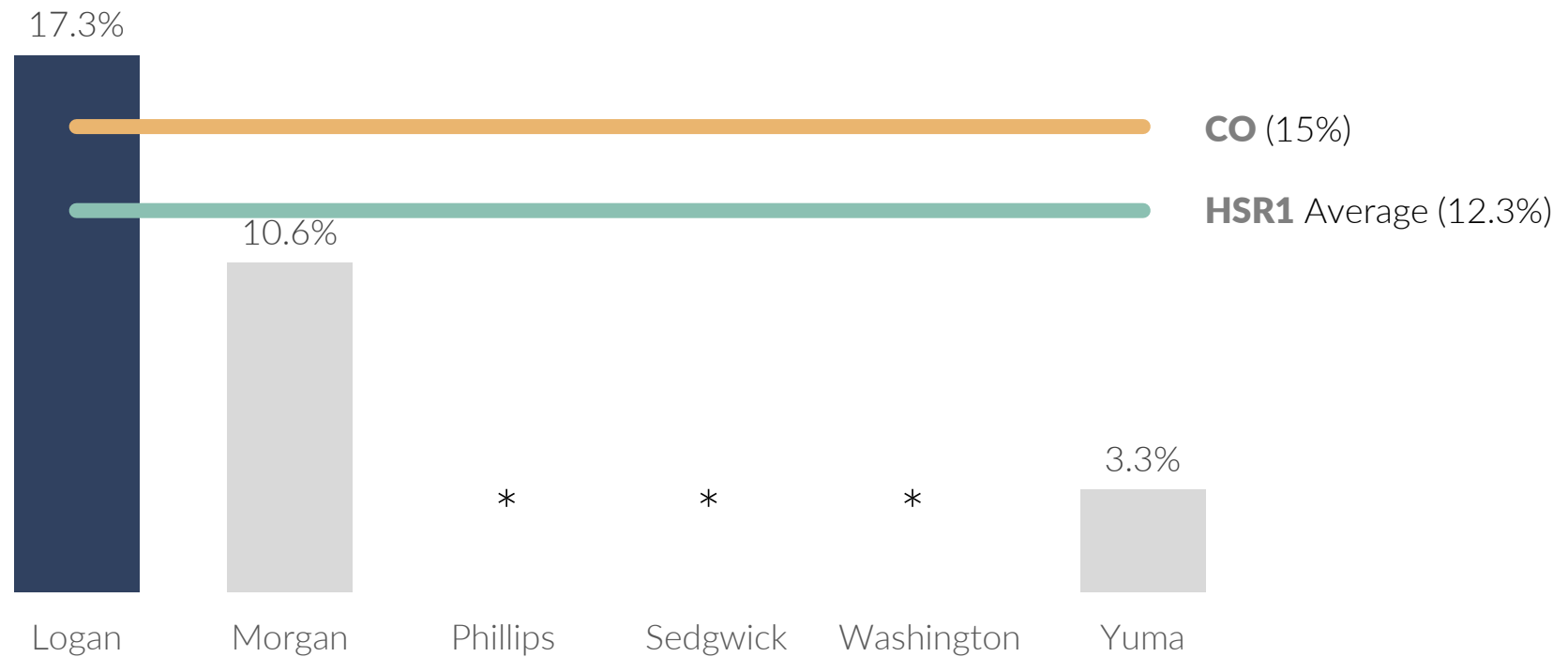
*Data is unreported; Source: CDPHE Colorado Health Indicators



Mental Health Treatment (continued)

Mental health treatment among adults is most common in Logan County.

Percentage of adults who report receiving treatment from a health professional for any type of mental health condition or emotional problem.



*Data is unreported; Source: CDPHE Visual Information System for Identifying Opportunities and Needs (VISION)



Appendix



Methods

Data Access

- Secondary data sources were accessed online, and a list of substance use indicators was compiled for Colorado, Health Statistics Region (HSR) 1, and individual counties in HSR1.
- Data on substance use disorder diagnoses, overdoses, emergency department visits, overdose deaths, substance-related arrests, and drug seizures, were requested from hospitals, coroners, and sheriff offices in the region. Out of 21 datasets requested, 8 were received (38% response rate).
- The secondary data and the 8 datasets that were received were used to describe prevalence estimates and create the tables and charts included in the report.

Statistical Significance

Statistically significant changes over time were examined between subpopulations where available, based on the confidence intervals published by the data source. Confidence intervals reflect the range of values that contains the population estimate with 95% certainty.

Limitations

Limitations exist with the use of some secondary data sources which have a temporal lag between when data is collected and when it is published. This means that charts based on these prevalence estimates are only used to describe a broad picture of the overall trends in the Northeast Colorado region and may not reflect emergent trends. In addition, the small population and small sample sizes for some data points mean that county-level data is not always available and assessment must be made using regional level data.



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